INSTRUCTOR: Carlton H. Oler, Ph.D., HSP, MAC, BCPCC, Licensed Psychologist (PSY 20356)

OFFICE/PHONE/EMAIL: SS 107. Office hours: Monday and Wednesday 11:10 a.m. to 12:40 p.m. and 2:15 p.m. to 3:15 p.m.); (408) 852-2808; coler@gavilan.edu. My webpage can be found on the Gavilan College website under “Personnel Directory.”

CLASS TIME/COURSE DESCRIPTION: Thursday, 6:00 p.m. to 9:05 p.m., MHG 10.


COURSE DESCRIPTION: The nature, scope, methods, presuppositions, history, and fields of psychology together with the scientific study of factors influencing human behavior, human development, perception, learning, memory, emotion, personality, frustration, and psychotherapy. Advisory: Eligible for English 250 and English 260.

ADA ACCOMMODATION STATEMENT: Students requiring special services or arrangements because of hearing, visual, or other disability should contact the Disabled Student Services Office, their counselor, or their instructor.

OCCUPATIONAL/VOCATIONAL STATEMENT: Occupational/Vocational students – Limited English language skills will not be a barrier to admittance to and participation in Vocational Education Programs.

STUDENT HONESTY POLICY REFERENCE STATEMENT: Students are expected to exercise academic honesty and integrity. Violations such as cheating and plagiarism will result in disciplinary action which may include recommendation for dismissal.

TEACHING STRATEGIES: Lectures, audio-visual aids, small group work, discussions, critical thinking questions, end of chapter quizzes, examinations, research paper, and demonstrations. Additional strategies may be utilized to help students’ better grasp the subject matter.

COURSE LEARNING OUTCOMES

1. To recognize psychology as the science that systematically studies observable behavior and its relationship to unseen mental processes and events in the environment.
2. To define basic psychological terms, concepts, and theories.
3. To identify the nature and operations of behavioral patterns.
4. To apply psychological terms, concepts and theories to personal, interpersonal and professional functioning.
5. To describe the role of the APA Ethics Code in the field of psychology.
6. To explain the importance of addressing diversity issues in the field of psychology.
MAJOR CONTENT TOPICS

1. The Science of Psychology
11. Stress and Health Psychology
4. States of Consciousness
3. Sensation and Perception
5. Learning
6. Memory
7. Cognition and Mental Abilities
2. The Biological Basis of Behavior
8. Motivation and Emotion
9. Life-Span Development
10. Personality
12. Psychological Disorders
13. Therapies
14. Social Psychology

COURSE REQUIREMENTS

Attendance/Assignment Completion: Because this class meets only once a week and so much material is covered each class, it’s very important to be on time for class and stay the full time. Only one absence is allowed. If class is missed a second time, the student will be withdrawn from the course. Also, if a student misses three assignments (e.g., CTQs, self-improvement paper), or any combination of classes or assignments totaling three, she or he will be withdrawn from the course (seriousness about a course is shown by regular attendance and completion of assignments). Avoid being absent or tardy on an exam day or when an assignment is due. If you come to class after roll call, be sure to see me at the end of class so I can mark you as present. Students’ with perfect attendance (never absent, tardy, or leave early during class from the first day of class) will receive a half grade boost to their final grade.

Classroom Etiquette/Participation: Please turn off and put away all electronic devices during class unless being used for a legitimate class purpose (e.g., taking notes). The first breach of this requirement will result in the student being dismissed from class for the rest of the day, and the second, the device will no longer be allowed in the classroom. No recording of the lectures is permitted unless determined by the Disability Resource Center. When your name is called during roll call, raise your hand high and shout “here” so I can be sure to mark you as present. Respect others’ beliefs, feelings, etc. in class—just as you would like others to do for you. Avoid self-disclosing or asking how to handle personal problems in class or in my office. Gavilan College and the California Community College Chancellor’s Office provide resources for you to succeed overall during your college experience. Go to http://ccc.kognito.com for an online training to learn about these opportunities, or to Gavilan’s Counseling website at www.gavilan.edu/counseling/, Student Health at www.gavilan.edu/health, and http://readsh101.com/gavilan.html. No eating or drinking (except water) is permitted in class. See me before inviting visitors. Sit close to the front of the class (rather than in the back or the sides of the class), and come prepared to participate in order to maximize learning (speak clearly and loud enough to be understood). If you have a comment or question, please raise your hand to be called upon rather than blurt it out. Students with regular quality class participation will have five bonus points added to their lowest exam score.

Critical Thinking Questions (CTQs): Students must type an answer to one or more CTQs for each of the 14 chapters. The answers should be single-spaced and typed in Times New Roman 12-font. The CTQs will be posted online at least a week before they’re due. Each CTQ answer should be typed on a separate sheet of paper. If you turn in more than one CTQ answer at a time, staple them all together. Steps to typing strong CTQ answers: (1) read the CTQs carefully, (2) read the chapter carefully that the CTQs come from, (3) take time to think about and formulate your CTQ answers, (4) type your answers up according to the instructions on the CTQs website, (5) type only what directly and specifically answers the CTQ, (6) don’t wait until the last minute to do the CTQs—have them printed out, and ready to turn in no later than the night before they’re due, and (7) check your CTQs answers before you turn them in to make certain that you’ve followed the instructions. A CTQ example answer is on my website. CTQ
Self-Improvement Paper: Each student must type a 5-7 page original paper describing their attempt to master 1-2 of the strategies for academic success from the book “Coping with Stress for Academic Success: 24 Strategies to Get the Most Out of Your Educational Experience.” Specifically, the paper must describe (1) the strategy(ies) for academic success you plan to work towards and why, (2) your goals to achieve the strategy(ies) for academic success—be sure that your goals are specific, realistic, and relate directly to your strategy(ies) for academic success, (3) what you did (your plan) to achieve the strategy for academic success—be specific and write in the present tense, (4) the obstacles encountered in implementing what you did (your plan) to achieve the academic success strategy(ies) and how you addressed them, (5) the progress made towards your goals, (6) your future plans (where you plan to go from here) relative to the strategy(ies) for academic success you worked towards, and (7) what you learned about yourself and others (if applicable) from completing this paper. The pages should be numbered in the upper right-hand corner, typed in Times New Roman 12-font, paragraphs indented, 1.5 space between sentences and the seven headings (sections), 1.5 inch margin on the left and 1 inch on the right, 1 inch margins at the top and bottom of each page, and justified right margin. Please follow the “Outline for the 5-7 Page Self-Improvement Paper” below and the Example PSYC 10 Self-Improvement Paper on my website. The paper must be turned in on Thursday, April 21 before roll call ends.

METHODS OF EVALUATION—keep track of your points/grades

Examinations: Exam 1 will cover chapters 1, 11, 4 and 3, exam 2: chapters 5, 6, 7, 2, and 8, and the final exam (Thursday, May 26 from 6:00 p.m. to 8:00 p.m.): chapters 9, 10, 12, 13 and 14 and pulling it all together. Exams 1 and 2 will start at 6:00 p.m. If late for any of the three exams, the exam can’t be taken. All three exams will include a combination of short answer, essay, multiple choice and true and false items from the lecture notes, CTQs, textbook, small group work, and discussions. Please start studying for the exams the day you first receive notes for an exam so that cramming and stressing out can be avoided, and learning and grade satisfaction are maximized. Bring a large (11” x 8.5”) green book and ink pen to each exam. Sorry, no make-up exams are available.

Grading System:
Exam 1 (100 pts.) -----------------------------------------------------------------20%
Exam 2 (100 pts.) -----------------------------------------------------------------20%
Final Exam (100 pts.) -----------------------------------------------------------25%
Critical Thinking Questions (100 pts./7 pts. each CTQ) -------------------------20%
Self-Improvement Paper (100 pts.) ---------------------------------------------15%
500 pts. total 100%

Exams/CTQs/Self-Improvement Paper: Total:
A = 90%-100% (90 pts. up) A = 90%-100% (450 pts. up)
A- = 89% (89-89.9 pts.) A- = 89% (445-449.9 pts.)
B+ = 87%-88% (87-88.9 pts.) B+ = 87%-88% (435-444.9 pts.)
B = 80%-86% (80-86.9 pts.) B = 80%-86% (400-434.9 pts.)
B- = 79% (79-79.9 pts.) B- = 79% (395-399.9 pts.)
C+ = 77%-78% (77-78.9 pts.) C+ = 77%-78% (385-394.9 pts.)
C = 70%-76% (70-76.9 pts.) C = 70%-76% (350-384.9 pts.)
D = 60%-69% (60-69.9 pts.) D = 60%-69% (300-349.9 pts.)
F = 59% and down (59.9 pts. and below) F = 59% and down (299.9 pts. and below)

answers must be turned in before roll call is completed and stapled (if necessary) to be accepted.
COURSE SCHEDULE

Week 1, Class Overview

2/4 (Th) Review of the Syllabus and Strategies for Academic Success

Week 2, The Science of Psychology

2/11 (Th) **Chapter 1 CTQ answer due**: what psychology is, fields/careers in psychology, perspectives in psychology, human diversity in psychology, research methods in psychology, ethics in psychology research and psychotherapy

Week 3, Stress and Health Psychology

2/18 (Th) **Chapter 11 CTQ answer due**: what stress is, sources/causes of stress, how stress affects health, coping with stress

Week 4, States of Consciousness; Sensation and Perception

2/25 (Th) **Chapters 4 and 3 CTQ answers due**: what consciousness is, states of consciousness, daydreaming and fantasizing, sleep, sleep-wake disorders, dreaming, drug-altered consciousness, meditation and hypnosis, sensation, perception, the five senses

Week 5, Learning; Memory

3/3 (Th) **Exam 1 (Chapters 1, 11, 4, 3); Chapters 5 and 6 CTQ answers due**: what classical conditioning is, phobias, what operant conditioning is, observational/vicarious learning theory, types of memory, causes of memory loss/forgetting

Week 6, Cognition & Mental Abilities; The Biological Basis of Behavior; Motivation & Emotion

3/10 (Th) **Chapters 7, 2 and 8 CTQ answers due**: cognition, language, problem solving, intelligence, creativity, neurons, the central and peripheral nervous systems, endocrine system, genetics, what motivation is, perspectives on motivation

Week 7, Motivation and Emotion (continued)

3/17 (Th) Hunger, sex, emotion—what it is, theories of emotion

Week 8, Life-Span Development

3/24 (Th) **Exam 2 (Chapters 5, 6, 7, 2, 8); Chapter 9 CTQ answer due**: what life-span development is, prenatal development, the newborn, infancy, childhood

Week 9, Life-span Development (continued)

3/31 (Th) Adolescence, adulthood, late adulthood
Week 10, No Class

4/4–4/9  Spring Break

Week 11, Personality

414  (Th) Chapter 10 CTQ answer due; what personality is, psychodynamic theories, humanistic, trait and cognitive-social learning theories

Week 12, Personality (continued)

4/21  (Th) Self-Improvement Paper due; personality assessment

Week 13, Psychological Disorders

4/28  (Th) Chapter 12 CTQ answer due; perspectives on psychological disorders, depressive and anxiety disorders

Week 14, Psychological Disorders (continued)

5/5  (Th) Somatic symptom, dissociative, sexual, gender-identity, personality and schizophrenia spectrum disorders, gender and cultural differences in psychological disorders

Week 15, Therapies

5/12  (Th) Chapters 13 and 14 CTQ answers due; what psychotherapy is, insight, behavior, cognitive and group therapies, biological therapies, client diversity and treatment

Week 16, Social Psychology

5/19  (Th) What social psychology is, social cognition, attitudes, social influence, social action

Week 17, Final Exams Week

5/26  (Th) Final Exam—6:00 p.m. to 8:00 p.m. (Chapters 9, 10, 12, 13, 14 and pulling it all together)

Note: students are held responsible for any announcements or changes made during class time whether present, late, or absent
OUTLINE FOR THE 5-7 PAGE SELF-IMPROVEMENT PAPER

Self-Improvement Paper
Your Name
PSYC 10 Th 6:00-9:05 p.m.

The Strategy(ies) for Academic Success I Plan to Work Towards and Why

My Goals to Achieve the Strategy(ies) for Academic Success

What I did (my plan) to Achieve the Strategy(ies) for Academic Success

The Obstacles Encountered in Implementing What I Did (my plan) to Achieve the Academic Success Strategy(ies) and How I Addressed Them

The Progress I Made Towards My Goals

My Future Plans (where I intend to go from here) Relative to the Strategy(ies) for Academic Success I Worked Towards

What I Learned About Myself and Others (if applicable) from Completing this Paper